



Kingsport Senior Center News

December 2013
Volume XXI Edition 12
1200 East Center Street
Kingsport, Tennessee 37660



reTIRED

"It's goodbye tension, hello pension!"

Come and join us as we celebrate Mama Marsha's final day here at the Senior Center on Friday, December 27, 2013 at 1:00 in the Cafeteria!

Refreshments will be provided.

Thank you for all you have done at the Senior Center! We now look forward to your volunteer hours!

Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center. For more information call the Center at (423) 392-8400 <http://seniors.kingsporttn.gov>

Center Hours

**Monday thru Friday 8:00am ~ 7:00pm
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site
257 Walker Street
Kingsport, TN 37665
(423) 765-9047**

**Hours: 9am to 2pm ~ Monday ~ Friday
(See Branch Site Page for more information)**

***The Exercise Room and Computer Lab will close 15 minutes prior to the closing of the Center.**

**Membership Dues
For Fiscal Year
July 1, 2013-June 30, 2014**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Must be at least 50 years of age to join.

"The Fun Begins at 50!"

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator ~ Cindy Price
cindyprice@kingsporttn.gov
392-8402

Program Leader ~ Michelle Tolbert
michelletolbert@kingsporttn.gov
392-8404

Wellness Coordinator ~ Kevin Lytle
kevinlytle@kingsporttn.gov
392-8407

Program Leader ~ Marlana Williams
marlanawilliams@kingsporttn.gov
392-8405

Secretary ~ Marsha Mullins
marshamullins@kingsporttn.gov
392-8400, **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson
janewhitson@kingsporttn.gov
392-8406

Program Assistant ~ Amber Quillen
amberquillen@kingsporttn.gov
343-9713

Branch Program Assistant ~ Hannah Baker
hannahbaker@kingsporttn.gov
765-9047

Nutrition Site Manager ~ Sona Bingham
246-8060

**The Senior Center will be closed
Wednesday, December 25, 2013**

WELLNESS

Basic Woodworking Class

Howard Osborne will be teaching a Basic Woodworking Class for 6 weeks on Tuesday and Thursday from 9:00 am to 11:00 am starting January 7, 2014 - February 13, 2014 in the Woodshop. Cost is \$50.00, with sign ups starting December 3, 2013. Materials needed will be determined on the first day of class. There will be 3-4 wood projects created in class, and must have a minimum of 4 sign up for class to be held.

Tennessee Lady Vols Basketball

Come join us as we travel to Knoxville on Sunday, February 16, 2014 for the Lady Vols vs. Kentucky, (LIVE PINK, BLEED ORANGE GAME). This game we will be seating in Section 130. Cost is \$38.50, which includes your ticket and transportation. We will depart the Senior Center at 10:30 am and return around 5:30 pm. Note: Be sure to eat a good breakfast, since this game is at 1:00 pm we will be heading back home after game or you may want to pack a snack for the ride home. We have 45 tickets available and a (2) ticket limit per person, sign up begins Wednesday, January 8, 2014, so mark your calendar!

Tennessee Men’s Basketball

Come join us as we travel to Knoxville on Saturday, March 1, 2014 for the TN Vols Men vs. Vanderbilt. Cost is \$26.00, which includes your ticket and transportation. We will depart the Senior Center at 9:30 am and return around 4:30 pm. Note: Be sure to eat a good breakfast, since this game is at 12:00 noon we will be heading back home after game or you may want to pack a snack for the ride home. We have 45 tickets available and a (2) ticket limit per person, sign up begins Wednesday, February 5, 2014, so mark your calendar!

Booster Fables

Ignore the marketing buzz surrounding those get-up-and-go drinks. In preliminary findings from a study at Centre College in Kentucky, people who drank 5-Hour Energy performed no better on a visual attention task than those who consumed an equivalent amount of caffeine. The “energy blend” in 5-Hour Energy may not affect P300 amplitudes-brain waves that indicate alertness-any more than coffee does. When you need a jolt, stick with java and its disease-fighting antioxidants.

Humor Quote of the Month

It's amazing that the amount of news that happens in the world every day always just exactly fits the newspaper.

~ Jerry Seinfeld

TOURNAMENTS

Billiards Tournament: We invite all pool sharks to show off your skill on **Wednesday, December 18, 2013** at 9:30 am in the Billiards Room. This tournament will be a 8-Ball Tournament singles play, best of three games and double elimination with a minimum of 12 players to sign up for tournament to be held. Cost is \$2.00 per person, payable the day of the tournament. Prizes will be awarded to 1st, 2nd, and 3rd place only. **NOTE:** We will play on the first three tables in the billiards room. Deadline for sign-ups is December 16, 2013.

Corn Hole Toss Tournament: Come join us for a corn hole toss tournament on **Friday, January 17, 2014** at 12:00 pm in the Gym. This tournament will be doubles playing the best of three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Deadline for sign-ups is January 15, 2014.

CHEESE WHIZ

Dining on dairy may make your next trip to the dentist a little easier. ***Cheese helps neutralize the acidity in your mouth and may prevent tooth decay***, a study in General Dentistry found. All dairy products are good for your teeth, but cheese is especially beneficial due to its tyramine content. This substance in creases saliva and helps raise the pH of plaque, minimizing acid damage to the enamel, according to the study. A bonus benefit: A British study review found that people who consumed especially large amounts of dairy (about 14 ounces a day) had a lower risk of developing type 2 diabetes than those who consumed less.

Cocoa Mojo

Will the good news about chocolate ever end? A Spanish study reports that cocoa may help ward off colon cancer. After being fed a cocoa-rich diet for eight weeks, rats with cancerous colon lesions had fewer colon tumors than similar rats on a cocoa-free diet. Cocoa’s antioxidant polyphenols may shut off the communication among cancerous cells that allows them to grow, the study authors say. Future research may prove a similar effect in humans.

Leeks

As alliums, leeks are kin to onions and garlic, but they’re not as pungent and have a milder flavor.

- **Why They’re Healthy**

They’re a good source of vitamins A, C, and K. And alliums may help fight stomach cancer, a Chinese study found.

- **How to Eat Them**

Thinly slice the tender white and light-green parts and swirl them in a bowl of water to wash. Drain and dry. Try them sautéed in butter and added to scrambled eggs, mashed potatoes, or Thanksgiving stuffing.

Daily Activities and Classes at the Center

Monday

SilverSneakers Classic~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Massage Therapy ~ 9:00-2:00 ~ Multipurpose Room ~ (appointment only)
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45
Lap Swimming ~ 10:00-Noon ~ Aquatics Center
Strength Training ~ 10:15 ~ Gym
Table Tennis ~ 1:00 ~ Gym
Volleyball ~ 4:00 ~ Gym

Tuesday

Massage Therapy ~ 9:00-2:00 ~ Multipurpose Room ~ (appointment only)
Zumba Fitness ~ 8:15 a.m.
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Room
Strength Training ~ 9:30 ~ Gym
Renaissance Strings ~ 10:00 ~ Atrium
Lap Swimming ~ 10:00-Noon ~ Aquatics Center
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Good Neighbors ~ 12:15 ~ Lounge
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

SilverSneakers Classic~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Lap Swimming ~ 10:00-Noon ~ Aquatics Center
Strength Training ~ 10:15 ~ Gym
Hand and Foot Card Game ~ 12:30 ~ Card Room
Table Tennis ~ 1:00 ~ Gym

Thursday

Zumba Fitness ~ 8:15 a.m.
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Strength Training ~ 9:30 ~ Gym
Lap Swimming ~ 10:00-Noon ~ Aquatics Center
Exercise for Everybody ~ 10:30 ~ Gym
Good Neighbors ~ 12:15 ~ Lounge
Jam Session ~ 12:30 ~ Cafeteria
Volleyball ~ 1:00~ Gym
Pickleball ~ 4:00 ~ Gym

Friday

SilversSneakers Classic~ 8:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Lap Swimming ~ 10:00-Noon ~ Aquatics Center
Strength Training ~ 10:15 ~ Gym
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Mahjong ~ 1:30 ~ Multipurpose Room

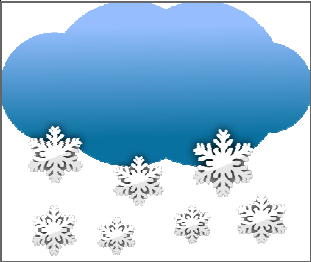
Saturday

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym

Kingsport Senior Center Inclement Weather Policy

The Kingsport Senior Center will follow the Kingsport City School schedule for inclement weather.

This means if a snow schedule occurs the center will delay their opening or if the schools are closed for inclement weather the center will be closed for **ALL** activities. In the event of ice or snow occurring during the day, the center reserves the right to close early.



TRAVEL AND SPECIAL EVENTS

Be A Santa to a Senior Wrapping Party ~ Thursday, December 12, 2013 ~ 5:00 p.m.—7:00 p.m. ~ Cafeteria ~ Help wrap gifts bought for the “Be A Santa to a Senior” project.

Woodburning ~ Friday, December 13, 2013 ~ 10:00 a.m.—2:00 p.m. ~ Room 303 ~ Cost: \$45.00 paid to instructor ~ Will be making Jesus face ~ Bring woodburning tool if you have one ~ **Sign up now**

Bob Ross Style Painting ~ Wednesday, December 18, 2013 ~ 10:00 a.m.—2:00 p.m. ~ Room 303 ~ Cost: \$50.00 paid to instructor ~ Bring your lunch ~ **Please sign up by December 16.**

Dial-A-Ride and Kats Information ~ Thursday, December 19, 2013 ~ 12:30p.m.—1:30p.m. ~ Card Room ~ Refreshments provided ~ **Sign up begins December 3.**

Beginning Basic Painting ~ Friday, December 20, 2013 ~ 1:00 p.m.—4:00 p.m. ~ Room 303 ~ Cost: \$20.00 paid to instructor ~ Focus on animals ~ Supply list available at sign-up ~ **Sign up now.**

Resin Pendent Class

Wednesday, December 11, 2013
1:00p.m.-4:00p.m.
Ceramic Room
Cost: \$30.00 for members
\$40.00 non-members
Paid to instructor

See example in display case

Instructor: Aleta Chandler

All materials included.

Sign up now!

Elvis Birthday Party!!

Tuesday, January 7, 2014

12:30p.m.-1:30p.m.

Cafeteria

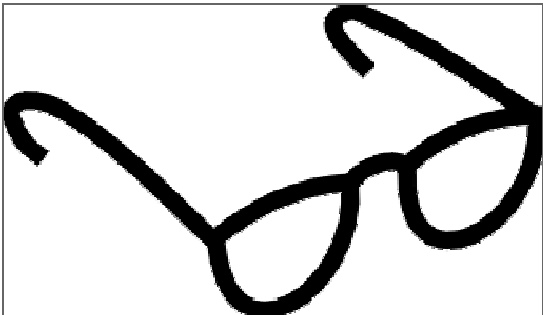
FREE

Come enjoy Elvis karaoke and some of Elvis’s favorites such as peanut butter and banana sandwiches and Pepsi cola. Also enter the Elvis costume contest!!

Sign up begins December 6.

Hometown Day at LensCrafters

50 free glasses (limited selection) and 25 free eye exams.
Call LensCrafters 423-246-7416 and ask for Jeanne Smith to participate in Hometown Day at LensCrafters on Tuesday, December 10.
Must call for appointment before December 10th



TRAVEL AND SPECIAL EVENTS	
<p><u>OTLB: EATZ in Bristol</u></p> <p>Friday, January 10, 2014</p> <p>10:30am-2:00pm</p> <p>Bristol, VA</p> <p>Cost: \$8.00 plus lunch on your own</p> <p>Check out the menu in the front office.</p> <p>Sign up begins December 2.</p>	<p><u>Heritage Alliance of NE TN & VA/ Chester Inn Museum/Oak Hill School</u></p> <p>Thursday, January 16, 2014 9:45am-2:00pm Jonesborough, TN</p> <p>Cost: \$11.00 plus lunch on your own at Main Street Café</p> <p>Town tour from balcony of Chester Inn. Interactive activities in museum such as scavenger hunt, etc. Weather permitting we will have some class time in the Oakhill School. What was it like to be a student in 1892??</p> <p>24 person max</p> <p>Sign up begins Dec 2.</p>
<p><u>Reece Museum– ETSU “Life in the City” -The Art of Joseph Delaney with Lunch at Salt-N-Pepper Café</u></p> <p>Wednesday, January 22, 2014 9:30am-2:00pm Johnson City, TN</p> <p>Cost: \$5.00 plus lunch on your own</p> <p>Stop by front office for menu and information on Joseph Delaney.</p> <p>Sign up begins December 2.</p>	<p><u>Allandale Christmas Party</u></p> <p>Tuesday, December 10, 2013 6:30pm-9:30pm Allandale Mansion</p> <p>Cost: \$10.00 per person due at signup that begins December 2, plus bring a gift to exchange to the event.</p> <p>Limited to 75 tickets sold. Food catered by Dobyns-Bennett culinary students. Good food, games, dirty Santa gift exchange and Christmas carols will be performed by Patti Quarles.</p>

Your Page

From the Dancing Corner

The next Social Dance will be Friday, December 13, 2013, in the gymnasium at the Renaissance Center.

This dance, sponsored by *Friends of Kingsport Senior Center*, will feature an inaugural performance by **2 FAR GONE** Band. This band bills itself as a straight up, in your face, Classic Rock Band. Members include Jim Ball and Rob Coffey on guitar, Dennis Coffey on keyboard, Barry Allison on bass, and Bill Cowden on Drums. The lead player, Jim Ball, worked as a singer and guitarist at Dollywood for 17 years. Dennis Coffey was a member of the original Velvetones, and founded The Reflections in 1986.

2 FAR GONE perform songs from artists such as "The James Gang", "Neil Young", "The Doors", "Cream", "Bob Dylan", "The Band", "Pink Floyd", Crosby, Stills, Nash & Young".

They visit the sounds of "Marshall Tucker", "Steppenwolf", 'Lynyrd Skynyrd", "Bad Company", and the "Rolling Stones".

They also step back to "Credence Clearwater Revival", "Buffalo Springfield", 'Eric Clapton" and Stevie Wonder. You will also hear some great oldies from artists such as "Chuck Berry", "The Kingsmen", "The Surfaris", and many more.

They promise to include a few waltzes in their song list.

We look forward to hosting this band on December 13, 2013. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person. The "shared snacks" custom has been discontinued for these monthly dances, but you are welcome to bring snacks for yourself or your group. Tables will be provided in the atrium. Water and coffee will be provided, but food and drinks are banned in the gymnasium.

Friends of the Kingsport Senior Center Presents

Friday, December 13 6:30-10 PM

December Dance

At Renaissance Center

1200 E. Center Street
Kingsport, TN 37660

Admission
\$5 / person

2 FAR GONE BAND

Contact:
423 288-2668

Massage Therapy

Tuesdays with Cheryl Merrican call 423– 791-4222
and
Mondays with Barbara Keescker
call 423 - 735-7475
30 minute massage
Cost: \$15.00
Call to schedule appointment

Eyeglass Recycling

Lions Recycle for Sight– Changing lives, One pair at a time.

How you can help:

If you have used eyeglasses you no longer need, you can donate them now. Lions accept prescription and reading glasses, sunglasses and plastic and metal frames. Children’s glasses are especially needed.

Donate your used glasses in the recycle box in the Senior Center lounge.

The Friends of Kingsport Senior Center
PRESENTS

2014

NEW YEARS EVE Dinner/Dance

Featuring
Kids Our Age

Tuesday, December 31, 2013
8:00 to 12:30 PM
\$25/person

St Dominics Parish Life Center
Kingsport, TN

Reservations Required
Contact: Laverne Olney 423-288-2668

NEWS TO USE

Christmas Tree Decorating Party

Monday, December 2, 2013
First Floor Atrium
12:30 p.m.– 1:30 p.m.
Sign up now!

Holiday Dessert Cook-off

Monday, December 9, 2013
Cafeteria
1:00 p.m.—2:00 p.m.
Cost: Bring your dish and recipe
make your dessert and bring it in
with copies of your recipe to swap.
Pick which dessert you think is the
best. 1st, 2nd and 3rd place prizes
awarded.
Sign up now!

Super Bowl Party!

Monday, January 27, 2014
12:30pm-1:30pm
Cafeteria
Cost: Bring your favorite tailgate food

Wear your team colors!!!
Sign up begins January 2.



A Tasty Treat from Marsha

Cinnamon Apple Crescent Rolls

Ingredients:

- 1 1/2 cups sugar
- 1 tsp. Cinnamon
- 1 pkg. refrigerated crescent rolls
- 3 tbsp. melted butter
- 2 medium apples


Directions:

1. Preheat oven to 425 degrees.
2. Melt butter and cut apples into wedges.
Open and divide crescent rolls.
3. Lay out one triangle and brush with
melted butter then sprinkle with cinnamon
and sugar. Place 1 to 2 wedges at wide end
of triangle and roll.
4. Place rolled apple crescent rolls on parch-
ment lined cookie sheet. Brush remaining
melted butter on top of rolls and sprinkle
with the last of the cinnamon sugar.
5. Bake rolls in oven for 12 to 15 minutes,
depending on your oven, or until golden
brown.

T.J. Singers Christmas Party

Friday, December 20, 2013
9:00am-10:00am
First Floor Atrium
FREE

Enjoy Christmas carols by T.J. Singers and
some Christmas snacks!

<p align="center">Computer Class Schedule</p> <p>Basic Computer (Six weeks)- \$25.00— Tuesday’s Jan. 7, 14, 21, 28 Feb. 4, 11—1:00-3:30pm</p> <p>Basic Internet (four weeks) - \$25.00— Tues- day’s Feb. 18, 25 Mar. 4, 11 (1:00-3:30pm)</p> <p>Internet Security (all day course) - \$25.00- Tuesday, March 18— 9:00-11:00am, return from 1:00-3:30pm</p> <p>Computer lab is available when not being used for class.</p>	<p align="center"><u>Generations Online Internet Class</u></p> <p align="center">Mondays, Wednesdays and Fridays 1:00pm - 5:00pm</p> <p>This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. “Peer Coach” - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you. Please call 392-8433.</p>
<p align="center"><u>Volunteers Wanted</u> (See Michelle if interested)</p> <ul style="list-style-type: none"> • Christmas lunch-serving and plating food • Christmas Tree Decorating— Dec. 2 • Be a Santa to a Senior— Dec. 12 • T.J. Singers Christmas Party— Dec. 20 -preparing and serving cider • Take down Christmas Decorations— Jan • Elvis Birthday Party— Jan. 7 <p>*Check out the Volunteer Board by the office too*</p> <p align="center">Thank You Volunteers!</p>	<p align="center"><u>Manicures</u></p> <p align="center">Provided by DB Cosmetology students Tuesday, December 10, 2013 Appointments are 11:30 a.m.—1:30 p.m. 1 Hour appointments Cost: \$2.00, paid to manicurist Sign up in the senior center office</p>
<p align="center"><u>Cake Decorating 101</u> Wednesday, January 22, 2014 10:00am-12 Noon Lounge \$2.00 paid to instructor</p> <p align="center">See supply list in front office!</p> <p align="center">Sign up now!!</p>	<p align="center">KARAOKE</p> <div>  <p align="right">Tuesday, December 3, 2013</p> </div> <p align="center">Genealogy Group</p> <p align="center">9:00 am Friday’s Computer lab</p> <p align="center">Library Book Day</p> <p align="center">Thursday, December 19, 2013</p>

Winter Session Classes 2014

Classes begin week of January 6, 2014—week of March 24, 2014, unless otherwise noted.

Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

Basic Photography

- Tuesday, Thursday
- January 14-January 28, 2014
- Time: 3:00pm-5:00pm
- Room 230
- Instructor: Claude Kelly
- Sign up in office

Ballroom Video Class

- Tuesday
 - Time: 4:30pm - 6:30pm
 - Room 302
- No instructor, practice to own

Basic Woodworking

- Tuesday / Thursday
- New class will be January 7—February 13
- 9:00 am— 11:00 am
- Location: Wood shop
- Instructor: Howard Osborne
- Fee: \$50.00 paid to instructor
- Will create 3 — 4 wood projects in 6 weeks
- Materials needed will be determined 1st class meeting
- Sign up in senior center office

Basket weaving

- Tuesday
- Time: 10:00am-1:00pm
- Location: Room 303
- Instructor: Lynne Bowers

Belly Dance for Beginners (Women Only)

- Thursday
 - Time: 11:30am-12:30pm
 - Location: Room 302
 - Instructor: Angela Price
- Must have 8 for class to begin. Please sign up at office.

Belly Dancing - (Women Only)

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

Camera Club

Please visit website for meeting times
Instructor: Claude Kelly
Website: www.scphotogroup.com

Ceramics

- Tuesday and Thursday
- Time: 9:00am - 11:30am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- Please remember your annual \$10 firing fee**

Clay (Throwing)

- Monday
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Pay at signup; no refunds
- Sign up begins December 9.
- Max 2 sign up per person
- Class will include un-instructed lab time on Tuesday’s (Jan 7– April 1) from 1-3 p.m. This lab time will be used for practice.

Clay (Intermediate Hand building)

- Wednesday
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Pay at signup; sign up begins Dec. 9
- Max 2 sign-ups per person
- Pre-requisite must have taken beginning hand building.

Clogging - (Beginning)

- Thursday
- Time: 10:00am-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

Clogging - (Intermediate)

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

Dulcimer (Beginners)

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Learn to play this beautiful Instrument

Exercise for Everybody

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Winter Session Classes 2014		
<p>Good Neighbors</p> <ul style="list-style-type: none"> • Tuesday and Thursday • Time: 12:15pm • Location: Lounge • Staff • Guest speakers, trips, bingo and fellowship <p>Happy Day Singers</p> <ul style="list-style-type: none"> • Monday • Time: 9:45am • Inspirational singing at nursing homes <p>Jam Session</p> <ul style="list-style-type: none"> • Thursday • Time: 12:30 noon • Location: Cafeteria <p>Karaoke</p> <ul style="list-style-type: none"> • 3rd Tuesday each month • Time: 4:00pm • Location: Cafeteria • Bring a snack <p>Knitting Class</p> <ul style="list-style-type: none"> • Monday • Time: 1:00 - 3:00pm • Location: Room 303 • Instructor: Barbara White • All skill levels <p>Lap Swimming</p> <ul style="list-style-type: none"> • M-F • Time: 10:00am-Noon • Location: Aquatics Center • No instructor, lap swimming • Locker room and warm water pool available for use. 	<p>Machine Quilting</p> <ul style="list-style-type: none"> • Monday (January 27-March 7) • Time: 11:00am-12:30pm • Location: Room 303 • Cost: \$40.00 senior center members, \$50.00 non-members, paid to instructor • Sandwiching, basting grid quilting, ditch quilting, free motion quilting and binding • You'll need: Sewing machine, basic sewing supplies, small quilt top (crib size or smaller) or piece of "cheater cloth" walking foot, darning foot, extension table. <p>Mahjong</p> <ul style="list-style-type: none"> • Friday • Time: 1:30pm • Location: Multipurpose Room • Instructor: Jean Chang <p>Beginners to Advanced players</p> <p>Mini Cardio Exercise Class</p> <ul style="list-style-type: none"> • Tuesday & Thursday • Time: 8:45am - 9:15am • Room: 302 • Instructor: Roger Hixson <p>Piano Lessons</p> <ul style="list-style-type: none"> • Friday's • Time: 9:00am-11:30am • Room: Multipurpose Room • Instructor: Freda Karsnack • Fee: \$15.00 paid to instructor • Call to schedule appointment 423-292-2711 <p>Quilting</p> <ul style="list-style-type: none"> • Monday • Time: 9:00am - 10:30am • Location: Room 303 • Instructor: John Plutchak <p>Renaissance Strings</p> <ul style="list-style-type: none"> • Tuesday • Time: 10:00am - 11:00am • Location: Atrium • Instructors: Lucile Hincke and Jan Fenelon 	<p>SilverSneakers Classic</p> <ul style="list-style-type: none"> • Monday, Wednesday & Friday (ongoing) • Time: 8:15am - 9:00am • Location: Gym • Low Impact Aerobics • Instructor: Terri Bowling <p>Strength Training</p> <ul style="list-style-type: none"> • Monday, Wednesday & Friday • Time: 10:15am - 11:00am • Location: Gym • Instructor: Terri Farthing <p>Strength Training</p> <ul style="list-style-type: none"> • Tuesday, Thursday • Time 9:30am - 10:30am • Location: Gym • Instructor: Kevin Lytle <p>Tai-Chi</p> <ul style="list-style-type: none"> • Monday & Wednesday • Time: 8:30am • Location: Senior center, Room 310 • Instructor: Hang Lei <p>Woodcarving</p> <ul style="list-style-type: none"> • Thursdays • Time: 9:00am - 12:00 noon • Location: Room 303 • Beginners welcome <p>Woodshop</p> <ul style="list-style-type: none"> • Monday, Wednesday, Friday • Time: 9:00am-2:00pm • Location: Woodshop • Volunteer Instructors • Complete woodshop. Safety test Required, given 1st Monday of each month. <p>Zumba</p> <ul style="list-style-type: none"> • Tuesday and Thursday • Time: 8:15am • Location: Gym • Instructor: Terri Bowling

WINTER 2014 BRANCH SITE SCHEDULE

Core Conditioning

- Tuesday and Thursday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

Beginning Crochet

- Tuesday,
- 6 week class
- 12:30-1:30
- Instructor: Susan Egan
- \$25.00
- Must be right handed

Beginning Drawing

- Wednesday
- Time: 10:00am - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

Advanced Drawing

- Wednesday
- Time: 9:00am –11:00am
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell

Line Dance - Intermediate

- Monday
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.

Advanced Yoga

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

Private Personal Training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Artist and Crafters Monthly Breakfast

- 2nd Tuesday
- 9:30am
- Lynn View Branch Site
- Please call for reservation 765-9047

Strength Training

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Yoga

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Zumba Fitness

- Tuesday 10:45am
- Location: Lynn View Branch Site
- Instructor: BJ Goliday
- Minimum of 8 students required

SilverSneakers Muscular Strength and Range of Movement

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Piloxing

- Tuesday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

Total Body Workout

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor, Terri Bowling

Game Day

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

Pickleball

- Monday, Wednesday & Friday
- Time: 1:00pm - 3:00pm
- Lynn View Branch Site

Ageless Grace

- 6 week class
- Wednesday
- Time: 11:30am
- Location: Colonial Heights Baptist Church
- Instructor: Darlene Taylor

Indoor Walking

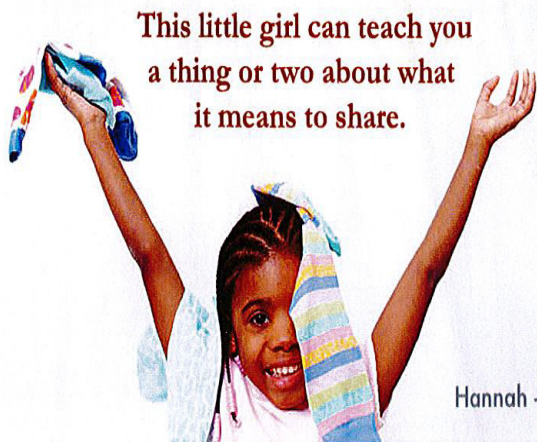
- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

Artists Wanted

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. Cindy at 423 392-8402 or Hannah at 423-765-9047.

Visit our website
www.kingsportseniorartisancenter.com
And like us on Face book

<div data-bbox="110 475 681 615">  <p>Kingsport Adult Education</p> </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p>JOB SKILLS</p> <div data-bbox="124 1174 514 1439">  </div> <p><u>21ST CENTURY JOB SEEKING *NEW</u></p> <ul style="list-style-type: none"> • 8 weeks • Fee \$100 • Instructor: Jamie Cyphers • Wednesday 6:00pm - 8:00pm • Location: Computer Lab, Senior Center • Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview <p><u>2008 National Electric Code (Commercial)</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee: \$70 • Monday 6:00pm - 8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria <p><u>2008 National Electric Code (Residential) Begins 1/13/14</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee \$70 • Monday 6:00pm-8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria 	<p><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></p> <ul style="list-style-type: none"> • Part I • 10 Weeks • Fee: \$165 • Tuesday 6:00pm - 9:00pm • Instructor: Jim Dotson • Location: Multipurpose Room, Renaissance Center <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p> <p><u>CULTURAL/ARTS/CRAFTS</u></p> <p><u>Card Making Workshop</u></p> <ul style="list-style-type: none"> • Instructor: TBA • Fee: \$10/includes materials • Location: Lynn View Community Center <p>You will make five cards and take materials home to make five additional cards.</p> <p><u>Beginning Chinese Class</u></p> <p>Wednesdays 11 classes (Begins Jan 15) 4:00 P.M. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p>Thursdays 11 classes (Begins Jan 16) 4:30 p.m. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><u>Intermediate Chinese Class</u></p> <p>Wednesdays 11 classes (Begins Jan 15) 5:15 P.M. Instructor: Jean Chang Fee: \$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><u>HEALTH/EXERCISE</u></p> <p><u>Personal Training with Chris</u></p> <ul style="list-style-type: none"> • Instructor: Chris Hicks • Available by the hour or as package • Contact Chris (423-741-5643) 	<p><u>Zumba Fitness</u></p> <ul style="list-style-type: none"> • 6 weeks (Begins Jan 16) • \$25 fee per session • Thursday, 5:15pm • Instructor: Becky Mills • Location: Lynn View Community Center, Cafeteria <div data-bbox="1352 749 1729 1087">  </div> <p><u>Piloxing</u></p> <ul style="list-style-type: none"> • Tuesday, 6:00pm (Begin Jan 14) • Instructor: Becky Mills • Limited to 15 participants • Location: Kingsport Renaissance Center • \$30.00 payable first night of class <p><u>DANCE CLASSES</u></p> <p><u>Beginning Line Dance</u></p> <ul style="list-style-type: none"> • 8 weeks class (Begin Jan 16) • Fee: \$25 • Instructor: Lyna Faye McConnell • Thursday, 6:30pm - 8:00pm • Location: Lynn View Community Center <p><u>Couples Dance</u></p> <ul style="list-style-type: none"> • 8 weeks class (Begin Jan 15) • Fee: \$25 or free if you take Line Dance class • Instructor: Lyna Faye McConnell • Wednesday, 6:30pm - 8:00pm • Location: Lynn View Community Center <p><u>Salsa Dance</u></p> <ul style="list-style-type: none"> • 4 weeks class (Begin January 14) • Fee: \$10 each class • Tuesday and Thursday • Time: 1:30pm • Room 302, Renaissance Center • Instructor: BJ Goliday <p>* Call for starting dates where not listed.</p>
---	--	--



Hannah - Age 6

One cold Thanksgiving day, young Hannah Turner was helping her mother Doris serve dinner to the needy at Toledo's Cherry Street Mission. Suddenly, Doris felt a tug on her sweater. "Mommy, won't his feet be cold?" Hannah looked toward a man whose shoes had split open to reveal he wore no socks. Hannah's face reflected concern, so Doris, busy with the task at hand, tried to reassure her: "His shoes will keep his toes warm." Hannah — smart and big of heart — was unconvinced.

"Mommy, he can have my socks," she said.



The next day, Doris took Hannah to hand out socks to men, women and children around the city. They spoke to many volunteers, who each shared the same story: Shelters simply never have enough new socks. And that gave Hannah an idea.

"What if everyone we know gave us just ONE pair of socks? How many people could we help then?"

You Can Help Hannah Make a Difference

This compassion is the inspiration for Hannah's Socks, a non-profit that provides clothing essentials to the less fortunate in a growing number of communities.

Phone (419) 931-4757 or visit us online today to discover the many rewarding ways you can help.

www.hannahssocks.org

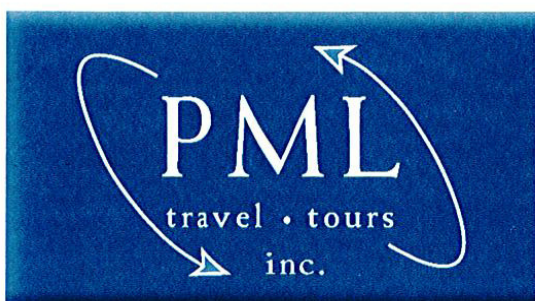


Hannah's Socks
warm feet ♦ warm hearts

Hannah's Sock Box

Please donate new socks and underwear in men's, women's and children's sizes for distribution to homeless and domestic-abuse shelters.

Located in front of the Senior Center Office and Lynn View Branch Site through January.



Kingsport Senior Citizens Center



Presents a Fabulous 10 Days/9 Nights Vacation To

San Antonio, TX / New Orleans, LA

Your Package Includes:

9 Nights Hotel Accommodations including:

4 Nights in San Antonio, 1 Night in New Orleans & 2 Nights in Tunica

8 Breakfasts & 5 Fabulous Dinners to include:

1 Dinner at the Rio Cibola Guest Ranch with A Twilight Hayride and

1 Dinner at the New Orleans School of Cooking

Hotel Reception with Hot Food & Cold Beverages

City Tour of San Antonio to Include The Alamo

*Your tour of San Antonio will include visits to **San Fernando Cathedral, King Williams Historical District, the El Mercado Market** and much more!*

The Imax Theater Featuring "Alamo – The Price of Freedom"

Explore the Famed San Antonio Riverwalk with Boat Cruise

Explore the Lyndon D. Johnson National Historic Park

While there tour the LBJ Ranch and see the "Texas White House"

Institute of Texan Cultures w/ Guided Tour

Admission to National Museum of Pacific War

*The National Museum of the Pacific War is the only institution in the continental United States dedicated exclusively to telling the story of the Pacific Theater battles of World War II. Located on a six-acre site, the Museum includes the **George Bush Gallery***

Visit to the San Antonio Missions National Historical Park

Guided Tour New Orleans

See and experience all New Orleans has to offer. Learn about the history, the food, the music & jazz, culture, architecture and Katrina recovery.

New Orleans Natchez Riverboat Cruise

Tunica Casino Bonus Package*

Standard Taxes, Meal & Driver Gratuities & Baggage Handling

Deluxe Motor Coach Transportation

For Information and/or Reservations, Please Contact:

Marlana Williams @ 423-392-8405

Date: September 21 – September 30, 2014

Price: \$1399.00 Per Person – Double Occupancy

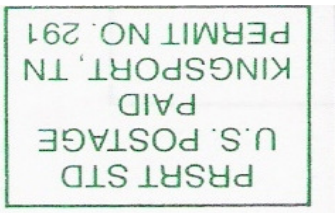
TRAVEL PROTECTION: Cancellation Policy is Severe. Travel Protection can be purchased at the time of initial deposit for **\$145.00** per person-double occupancy. Travel Protection, on an individual basis, should be forwarded to PML Tours as each person gives his or her initial deposit.

Fuel surcharges by all transportation companies may be assessed.

***Casino bonus packages subject to change at casinos discretion.**

Toll Free USA: 1.800.872.4868 Toll Free USA & Canada: 1.800.486.7651 websales@pmltours.com

Members Of: National Tour Association / Consumer Protection Plan / Cruise Lines International Association / American Bus Association



Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400

Join us for the Kingsport Senior Artisan Center's Annual Holiday Open House

When:
Tuesday December 3
5:30-7:30pm

Where:
KSAC Gallery
1ST floor, Lynn View Community Center

Enjoy delicious appetizers while you browse our beautiful handmade art. Many of our artists will be present to take custom orders.

